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The School District is committed to providing school environment that promote and protect children's health, well-being, and ability to learn by supporting healthy eating and physical activity. Nutrition education and physical activity will comply with Federal and New York State Standards. The School District involved and will continue to involve students, parents, teachers, food service professionals, the Board of Education, school district administrators, and other community members in the development, implementations, monitoring and review of the Wellness Policy. For the purposes of this policy, "all foods" served at the School District include but are not limited to: meals sold for breakfast and lunch, a la carte menu items, vending machines and food sold through the school store.

### **Nutrition Promotion and Education**

Nutrition promotion and education is integrated within the sequential, comprehensive health education program taught at every level. Nutrition promotion and education will be closely coordinated with the child nutrition program. Nutrition promotion and education will involve sharing information with families and community members to provide nutrition promotion and education for the entire community. To that end, the School District adopts the following guidelines with the goal of promoting student health and reducing childhood obesity:

- Qualified child nutrition professionals will provide students with access to a variety of affordable, nutritious, and appealing foods that meet the health and nutrition needs of students; and will provide clean, safe, and pleasant settings and adequate time for students to eat.
- The school will provide nutrition education to foster lifelong habits of healthy eating and will establish linkage between health education and school meal programs, and with related community services.
- Students will receive nutrition education that teaches the skills they need to adopt healthy eating behavior and provide them with the knowledge and skills to promote and protect their health. Students will be encouraged to start each day with a healthy breakfast.
- The School District's nutrition education curriculum shall incorporate the appropriate New York State Learning Standards.
- The staff that teaches nutrition education shall be properly certified and trained. staff who provide nutrition education will periodically participate in professional development activities to effectively deliver an accurate nutrition education program.
- The School District will teach and/or encourage healthy habits, such as washing hands before eating.

- The School District's nutrition education curriculum shall emphasize the caloric balance between food intake and energy expenditure.

#### Physical Activity

Physical Activity is an important factor in staying healthy and being ready to learn. Students will be given the opportunity for physical activity during the school day through physical education classes, daily recess periods for students, and the integration of physical activity in the curriculum. Students also have the opportunity for physical activity through a range of before and after school programs including but not limited to: intramurals and physical activity clubs. The goals of Physical Activity and Physical Education instruction are to:

- Provide opportunities for every student to develop skills and knowledge in a wide range of sports and lifetime activities.
- Promote positive lifelong healthy attitudes and behaviors towards physical activity.
- Teach students the benefits of a physically active and healthy lifestyle.
- Promote students' regular participation in physical activity.
- Develop and maintain student's physical fitness and personal living skills.
- Encourage parents to support their children's participation in physical activity, to be physically active role models and to include physical activity in family events.
- Encourage staff to promote enjoyable lifelong physical activity among students.

The School District's Physical Education program shall adhere to the curriculum requirements of the Commissioner of Education and the New York State Learning Standards.

#### Other School-Based Activities

Snacks served during the school day will support children's health and proper nutrition. The building administration will assess if and when to offer snacks or allow time for snacks brought from home, based upon timing of school meals, children's nutritional needs, ages and other considerations. A list of recommended snacks will be provided to parents. Food shall not be used in the classroom except for instructional purposes, as part of a monthly birthday celebration or as part of holiday, seasonal or cultural celebrations. Home baked items are not permitted as per the Suffolk County Health Department. Any approved school fundraising

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activities shall support children's health and proper nutrition by offering alternatives to food sales or by only using foods that meet healthy nutritional guidelines.

Nutritional Guidelines for All Foods Available in School

All food and beverages, including meals and snacks, available in the School District to all students shall aim to promote student health and reduce childhood obesity, and shall meet, at a minimum, the program requirements and nutritional standards set forth by federal statute and regulation under the Child Nutrition Act, 42 U.S.C. §1779, the Richard 13. Russell National School Lunch Act, 42 U.S.C. §1758, the National School Lunch Program, 7 C.F.R. Part 210, and the National School Breakfast Program, 7 C.F.R. Part 220. The School District will determine student eligibility for receive free or reduced-price meals and will not single out or treat said students differently from other students and that reimbursable school meals meet or exceed the program requirements and nutritional standard found in federal regulations. Qualified child nutrition professionals will provide a clean and safe setting. Free drinking water will be made available at locations where meals are served.

Monitoring and Implementation

The Board of Education shall designate one person to be responsible for determining that the provisions of this policy are carried out in schools throughout the School District. Robert J. Long, Jr. will serve as the Wellness Coordinator and will report annually to the Board of Education on the implementation of this policy. Every two (2) years, the District Wellness Coordinator, in consultation with appropriate personnel and advisory committees, shall monitor and review the positive effect on increasing student wellness and decreasing childhood obesity in the School District. Based on those results, this policy, and the specific objectives set to meet its goals, may be revised as needed. The School District shall monitor and review the implementation and effectiveness of this policy by conducting:

- Periodic informal surveys of classroom staff, and school health personnel to see the progress of wellness activities and their effects.
- Periodic checks of the nutritional content of food offered in the cafeterias for meals, a la carte items, as well as food available in vending machines, and sales or consumption of figures for such foods.
- Periodic checks of the amount of time students spend in physical education classes, and the nature of those activities, as well as extra-curriculum activities of a physical nature, in the number of offerings and rates of participation by students.

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- Periodic completion of relevant portions of the CDC School Health Index.
- Periodic surveys of student/parent opinions of cafeteria offerings and wellness efforts,

Parents, students, food service professionals, physical education teachers, school health professionals, school administrators and the Board of Education shall participate in the development, implementation and periodic review and update of this wellness policy.

The School District shall provide information to the public (including parents, students and others in the community) about the content and implementation of this wellness policy.

Cross Ref:

Ref: 42 USC §1758b (The Healthy, Hunger-Free Kids Act of 2010)

P.L. 108-265 (Child Nutrition and WIC Reauthorization Act of 2004)  
42 USC §§1758(f)(1); 1766(a) (Richard B. Russell National School Lunch Act)  
42 USC §1779 (Child Nutrition Act)  
7 CFR §210.10; 210.11 (National School Lunch Program participation requirements standards for lunches, snacks, and competitive foods)  
7 CFR §220.8 (School Breakfast Program participation requirements - nutrition standards)  
8 NYCRR Part 135 (Health and Physical Education curricular requirements); §114.1 (School Breakfast Program Requirements)

Adoption date: January 17, 2017